







## EGD Prep Instructions

**\*\*Your Arrival time is subject to change. The Surgery Center will contact you approximately 2 days before your procedure to confirm Arrival Time\*\***

LOCATION: East Bay Endosurgery Center  
 300 Frank H. Ogawa Plaza, Suite 135, Oakland, CA 94621  
 Phone: (510) 893-1600

**LATE CANCELLATION (LESS THAN 3 DAYS) FEE OF \$200** – If you need to cancel, please call (510) 444-3297

What to do 7 days Prior to Procedure	What to do the day before your procedure	On the day of the Procedure
 <p>Please Review your prep instructions thoroughly</p>  <p>Please continue all medications including aspirin. If you are taking a blood thinner please contact your Coordinator at the extension above.</p>  <p>If you are taking insulin for diabetes, please see attached sheet.</p>  <p>Please arrange a driver to take you home. This needs to be a family or friend. Uber, Lyft, and taxi are only allowed if you have a family or friend accompany you. You will not receive sedation without a family or friend available to drive you home. All rides must be available by 3:30pm.</p>	 <p style="text-align: center;"><u>No Food After Midnight</u></p> <p style="text-align: center;">(You will not resume eating solid food until AFTER your procedure)</p>	<p style="text-align: center;"><b><u>NO SOLID FOODS</u></b></p> <p>Clear Liquids only upon waking up in the morning.</p> <p style="text-align: center;"><b><u>NO RED COLOR LIQUIDS</u></b></p> <p><b>Approved:</b> Clear sodas, black coffee, tea, clear juices, clear fitness waters, Ensure Clear, chicken broth, vegetable broth, beef broth, Gelatin, Popsicles without pulp, sorbet without pulp</p> <p>Nothing by mouth starting two (2) hours prior to your Arrival Time. No Gum or hard candy.</p> <p>If you take daily medication, please take with a small sip of water at least two (2) hours prior to your Arrival Time, unless otherwise instructed.</p>  <p style="text-align: center;"><b>Reminders</b></p> <ul style="list-style-type: none"> <li>• If you use an inhaler, bring it with you to your procedure</li> <li>• Please do not wear any jewelry and remove piercings</li> <li>• Bring insurance cards</li> <li>• Be prepared to pay your copay</li> </ul>

Your ride will not be able to stay here after you are dropped off, but we will need a phone number for them to pick you up after your procedure. Most patients are ready for pick up approximately two (2) hours after dropping off; however, medical procedure timing is unpredictable, and this may vary. Please do not make any time-sensitive commitments shortly after your procedure.

## Frequently Asked Questions

### 1. How long will the procedure take?

- a. At East Bay Endosurgery: Please plan to be at the center for a total of 2 hours.
- b. At Summit or Alta Bates Medical Center: Please plan to be at the hospital for 4 hours. If you are scheduled at Summit Hospital, please make sure to check in at registration first.

### 2. Can I take my regular medication the morning of the test?

You may take all of your regular medications with a small sip of water 2 hours before, except for those mentioned on your prep instructions – Those come with further instructions.

### 3. I use Paratransit for all of my medical appointments. Is this okay?

Yes, but your procedure must be scheduled before 11 am to ensure you get a ride home within business hours.

### 4. Can I return to work after my procedure?

IF YOU ARE SEDATED, you cannot return to work until the next day, as the sedative can take up to 6 hours to wear off. If you are NOT SEDATED, you may return to work at your convenience.

### 5. When can I drive?

IF YOU ARE SEDATED, you may not drive the day of the procedure as you will be under the influence of a sedative that will compromise your ability to drive. If you are NOT SEDATED, you may drive right away.

### 6. When may I begin taking blood thinner again after my procedure?

This information will be provided to you on your discharge forms after the procedure. The timing will vary depending on whether you have had biopsies or polyps removed.

### 7. How can I find out the cost of my procedure?

If you are inquiring about the facility fee:

- a. For East Bay Endosurgery Center contact our Central Billing Office at 1-866-809-1220
- b. For Summit or Alta Bates Medical Center contact the financial department at (510) 655-4000
- c. Provider Fee- You will receive a call approximately one week prior to your procedure with the estimate cost. If you do not receive a call at least 3 days before, please contact (510) 444-3297 ext. 220.